

SESSION 8 Understanding your child's behaviour Time to have a go: Reflection

8.19

Think of one small change you can make to help your child sleep better or manage anger better.

- How did you choose what to change?
- What did you change?
- How did your child react to this change?
- How did you feel about making the change?
- How did your child feel?
- What did you notice about your child's behaviour?

